THE
Treasury of commodious Conceits, and hidden Secretes.

Commonly called
The good Huſwyues Cloſet of prouiſion for the health of her houſholde.

Meete and neceſſary for the profitable vſe of all eſtates.

Gathered out of ſundrye experyments, lately practiſed by men of great knowledge: and now amplified and inlarged with diuers neceſſary and new additions.

At London.
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The Printer to all that couet the practiſe of good Huſwyuerie, as well *wiues as maydes.*

GOod Huſwiues here you haue a Iewell for your ioy,
A Cloſet meete your huſwiuery to practiſe and imploy.
As well the gentles of degree, as eke the meaner ſort,
May practiſe here to purchaſe helth, their houſhold to cõfort
And as the prouerbe proueth true, to remedy each griefe,
Amõgſt the reſt of Phiſicks helps, the huſwiues help is chefe
Therefore good huſwiues once againe, I ſay to you repayre,
Vnto this Cloſet whẽ you neede, & mark what ye find there
Which is a meã to make moſt things to huſwifs yſe pertain
As all cõſerues and Sirops ſweet, to comfort hart and braine
For bãkets to here may you find, your diſhes how to frame:
As ſuccad, marmilad, Marchpane to, & ech thing els by name
Fine pouders eke for linnen clothes, & wollen furd or faſte,
To keepe them ſweete and ſafe from mothes, in cheſts when they be plaſt.
Good medcines to for preſent helth, in cloſet here you haue
To maintaine life, & keepe ye yõg the chefeſt thing ye craue
Thus to cõclude I wiſh you mark the benefits of this booke,
Both gentles ſtate the Farmers wife, & crafts mans huſwyfe Cooke.
And if we reape commodity by this my freends deuiſe,
Then giue him thankes, and thinke not much of foure pence for the price.

Fare well.

To

To the worſhipfull Maſter *Richard Viſtow, gentleman, one of the aſſiſtants of the Company of the Barbours, and* Surgeons, Iohn Partridge, wiſheth increaſe of knowledge by his worthy trauels.

(***)

AFter that I had (worſhipful Sir) taken ſome payne in collecting certaine hidden ſecretes together, & reduced them into one Libell, or pamphlet, for my owne behoofe and my familiar freends, yet at the inſtance of a certaine gentlewoman being my deere & eſpecial friend, I was conſtrained to publiſh the ſame, and conſidered with my ſelfe the ſaying of the wyſe: which is, That good is beſt, which to all indifferently is of like goodnes, or effect: or which without reſpect of perſon is good to all indifferently. The conſideration of which, & her importunacy together inſtiged me to communicate vnto the view & publique benefite of all men, this little booke: the contents whereof doe inſtruct and teache all manner of perſons & degrees to knowe perfectly the manner to make diuers and ſundry ſortes of fine conceites, as well of meates as of Conſerue and Marmalades, as alſo of ſweete & pleaſant waters, of wonderfull odors, operations, and vertues: with diuers other thinges, that haue not hitherto beene publiquely knowne: which fact of mine I know will be not onely diſliked of ſome, but altogether condemned: Not for that it is euill, but that their fine heads cannot digeſt, that any other beſide themſelues ſhould inioy the benefite thereof, hauing for their Maxime, that ſuch thinges are of ſmall price, as are common to all men: much after our Engliſh Prouerbes, Quainty & Dainty. Farre fet & deere bought is good for great eſtates. But I account that perſon

fooliſh,& vnworthy helpe of any phiſition or ſurgiõ, that wil refuſe to receiue or gaine health by the medy cine of any ſuch phiſitiõ or ſurgion, who by learning the ſame out of Galen, Auicen, or Hipocrates, or any other ſuch like hath oftentimes cured the diſeaſes in ſundry and many perſons, for that the ſame hath bene commonly vſed: but rather moſt willingly and curte ouſly to imbrace the ſame (for preſent remedy) as a thing excellently well experimented and prooued. I neede not (right worſhipfull) to vſe theſe wordes for the defence of thys little booke, cõſidering that your Worſhip doth very well accept ſuch things as vniuer- ſally bring with thẽ a publique profit& vtility, whẽce conſiſteth your delight, rewarding liberally the trauell of ſuch, who haue and doe trauel therein. Where fore for that I among all other perſons, doo thinke my ſelfe moſt beholding vnto your worſhip. To gratifie your goodneſſe, and to ſatisfie the requeſt of my feende, I haue accompliſhed this little booke which I haue put foorth vnder your worſhips name and pro tection, proteſting that if I ſhal ſee this worke, which with ſome coſt and charge I haue brought to perfection, be well accepted at your handes, I ſhall ſhortly exhibite vnto your Worſhip a thing of greater value and eſtimation. And thus committing your good Worſhippe vnto God, I end, who ſend you your deſire of vnderſtanding and knowledg.

Your worſhips to commaunde. *I. P.*

The Author to this Booke concerning his freende, whoſe importunate ſute procured him to publiſh the ſame.

GO little booke of profit and pleaſance,
Vnto thy good miſtres without delay:
And tell her I ſend thee for the performāce
of her erneſt ſute: ſith ſhe wold haue no nay
Let her vſe thy commodities as well as ſhee (may
To profit her friends for helths preſeruatiō
And alſo to pleaſure them for recreation.

Tell her that all thinges in thee contayned
I haue ſeene them put oft times in vre:
And giuen thee to be her ſeruant retained,
To ſerue her faithfully doing her cure:
And alſo ſay, of this let her be ſure,
That ſhe with her ſute of me hath obtaind
Thee; that no Gold nor good coulde haue (gaind.

I. P.

To bake a Capon wyth yolkes of Egges. Cap.1.

When the Capon is made ready, trusse him into the Coffin: then take eyght yolkes of Egges sodden harde, and prick into euery of thē fiue cloues, and put the yolkes into the Coffin with a Capon. Then take a quantity of Ginger and salt, and cast it on the Capon, and let it bake thrée howres, thē take two rawe yolkes of Egges, beaten into a goblet of veriuice, with a good quantity of suger sodden together, put it into the Coffin, and so serue it.

To bake a Fesant, or Capon in stead of a Fesant. Cap.2.

Dresse your Capon like a phesant trussed and perboiled a little, and larded with swéete larde, put him in the Coffin, caste thereon a little pepper and salt: put therto halfe a dish of swéete butter, let it bake for the space of thrée howers, & when it is cold, serue it forth for a phesant: and thus bake a phesant.

To

To bake Chickens. Cap. 3.

TAke and truſſe your Chickens, the feete cut off, put them in the Coffin, then for euery Chicken, put in euery pie a handfull of goſe beries, & a quãtity of butter about euery Chicken: then take a good quantity of ſugar and Sinamon, with ſufficiẽt ſalt, put them in the pie, let it bake one howre, and a halfe, when it is baken, take the yolke of an Egge, and halfe a goblet of veriuce, with ſufficient ſugar ſodden together, put in the pie and ſerue it.

To bake Woodcocks. Cap. 4

PErboile them, and being truſſed, put thẽ into the Coffin with ſweete larde aboute them, ſeaſon them with pepper and ſalt, and a good quantity of butter, let them bake one howre and a halfe, and ſo ſerue them.

To make Peſcods of Marow. Cap. 5.

FIrſt ſlice your Marrow in length, dryue your paſte as thin as a paper leafe, then take and lay ſmall Raiſins, Sinamon, and a little ginger and ſugar about ỹ Mary, faſhion them vp like peſcods, fry them in butter, caſt vpon them Sinamon and Sugar and ſerue them.

A Sauce for a roſted Rabbet: vſed to king Henry the eyght. Cap. 5.

Take

TAke a handfull of washed parsely, mince it small, boile it with butter and verjuice vpon a chafingdish, season it with sugar and a little Pepper, grosse beaten, when it is ready, put in a fewe fine crummes of white bread amongst the other: let it boile agayne till it be thicke, then lay it in a platter, lyke the breadth of three fingers, lay of eache side one rosted cunny (or mo) and so serue them.

To bake an Oxe tongue. Cap. 7.

SEeth the tongue til it be tender, then slice it on a bord in faire peeces: & take a good quantity of marrow sliced small, cast it into the bottome of the pie: and laye the slices of the tong vpon it: & betwixt euery one, some marrow, and a little salt vpon them. Bake it the space of an howre, then toast halfe a manchet a little at the fire, and put ỹ tostes into halfe a pint of red wine, with a little vineger, straine them out together, thē take cloues, mace, Sinomon and sugar, seeth thē in the liquor till it ware somewhat thicke, make a hole in the couer of ỹ pie, put it in, set the pie againe into the Ouen for a quarter of an howre, and serue it.

To make vineger of Roses. Cap. 8.

IN sommer time when Roses blowe, gather them ere they be full spred or blown

out

out, and in dry weather plucke the leaues, let them lie halfe a day vpon a faire boarde, then haue a vessel with vineger of 1 or 2 gallons (if you wyll make so much Roset) put therein a great quantity of the sayd leaues, stop the vessel close after that you haue stirred them well together, let it stande a day & a night, then deuide your vineger and Rose leaues together in two partes, put them in two great glasses, and put in Rose leaues enough, stop the Glasses close, set them vpon a shelfe vnder a Wall side, on the south side without your house, where the Sunne may come to them the most part of the day, lette them stand there all the hote sommer long, and then straine the vineger from the roses and kéepe the vineger. If you do once in ten daies take and straine out the rose leaues, & put in newe leaues of halfe a dayes gathering, the vineger will haue the more sauour and odor of the rose.

You may vse in stead of vineger, wine that it may ware egre, and receiue the vertue of the roses both at once.

Moreouer you may make your vineger of wine, white, red, or claret: but the red dooth bind the belly, and the white wine doth lose

Also the Damaske Rose is not so great

a binder, as the red rose, and the white Rose loseth most of al: hereof you may make Vineger Roset.

Thus also you may make Vineger of Violets, or of Elder flowers: but you must first gather and vse your flowers of Elderne as shall be shewed hereafter, when we speake of making conserue of Eldern flowers.

To make Marchepane. Cap. 9.

TAke halfe a pound of blanched Almonds, and of white sugar a quarter of a pound, of Rosewater halfe an ounce, & of damaske water almuch, beate the Almondes with a little of the same water, and grind them till they be small: sette them on a few coales of fire till they ware thicke: then beate them againe with the Suger fine: then mixe the swecte Waters and them together, and so gather them, and fashion your Marchpane. Then take wafer cakes of the broadest making, cut them square, paste them together with a little liquor, & when you haue made them as broade as wyll serue your purpose haue ready made a hoope of grẽn hasel wãd of the thicknes of halfe an inch, on the inner side smoth, and on the outwardside rounde, and smothe, without any knags: lay thys hoope vpon your wafer cakes aforelayd, and

then

then fill your hoope with the geare aboue named, the thicknes of the hoope: the same driuen smothe aboue, with the backe of a siluer spoone, as yée do a Tart, and cutte away all the partes of the Cakes, euen close by the out side of the hoope with a sharpe knyfe, that it may be rounde: then hauing white Paper vnderneath it, sett it vpon a warme harth, or vpon an instrument of yron or brasse, made for the same purpose or into an Ouen, after the bread is taken out, so it be not stopped, it may not bake but only be hard, and throughly dried: and ye may while it is moist, sticke it ful of Cumfets of sundry colours in comely order, you must moyst it ouer with Rosewater and Suger together, make it smoth, and so set it in the Ouen or other instrument, the clearer it is like Lanterne horne, so much the more cõmended. If it be throughly dryed, and kept in a warme and drye ayre, a Marchpane wil last many yéeres. It is a comfortable meate méete for weake folkes, such as haue loste the tast of meats, by much and long sicknes. The greatest secrete that is in the making of this cleare, is with a little fine flower of Rice, rosewater and sugar beaten together, and laid thin ouer the marchpane, ere it goe

to

to drying. This will make it shine like Isse, as Ladies report.

To gild a Marchpane, or any other kind of Tarte. Cap. 10.

TAke and cut your leafe of gold, as it lieth vppon the booke, into square péeces like dice: and with a Connies tayle ende moysted a little, take the gold vp by the one corner, lay it on ỹ place being first made moist and with another tayle of a Cony dry presse the gold down close. And if ye wil haue the forme of an hart, or the name of Jesus, or any other thing, whatsoeuer: cutte the same through a péece of paper, and lay the paper vpon your Marchpane, or Tart: then make the voide place of the paper, through which the Marchpane appeareth moist, with Rose water, lay on your gold presse it down, take of your paper, and there remaineth behinde in gold the print, cut in the sayd paper.

To bake Quinces. Cap. 11.

PAre them, take out the Core, perboile thē in water til they be tender, let the water run from them, till they be dry: then put in to euery coffin one quince, in it a good quantity of marrow Also take sugar, Sinamon, and a little ginger, and fill the coffin therewith, close it, let it bake an howre, and so serue

ſerue it.

To keepe Quinces vnpared all the yeere long. Cap. 12.

TAke ripe Quinces, and at the great ende cut a ſtopple, then take out the coꝛe clean and ſtop ẏ hole againe with ẏ ſame ſtoppell, but pare them not, and perboile them a litle take them vp and let the water dꝛain from them, then put all the coꝛes and ſome of the ſmalleſt Quinces into little péces all cut, into the water wherin all the quinces were perboyled, and let them ſéeth till the liquoꝛ be as thicke as molten ſize that Paynters occupy, then take it from the fire, and let it kéele: in the meane ſeaſon couch your colde quinces in a barrel, oꝛ in an earthen pot, the great end dowꝛneward (if the ſtopple be out it makes ſmal matter) and one vpō another then put the liquoꝛ in, that it be a handfull ouer and aboue them, couer them cloſe, and after 4. oꝛ 5. dayes lꝏke to them, and when you ſée the liquoꝛ ſinke dowꝛne, put in moꝛe of ẏ ſame which ye purpoſely kept to couer them as befoꝛe, then lay a boꝛd vpon them, and a ſtone, that they riſe not, and couer the veſſell cloſe with a thicke cloth folded, that it take no ayꝛe, ſo let them remayne. And

when

when ye intend to occupy some of them, vncouer the vessell and ye shall find a Creame couering the whole liquor, breake it in the midst, turne it ouer with your hande, then take out your fruit in order, beginning in the midst first, then by the sides, so that you remoue none (if it may be) but those that you take away, & euery time that ye breake the Creame, turne it ouer againe into hys place, for you must know that the Creame kéepeth out ayre, and kéepeth in the strength of the Syrop, therefore it maketh much to the conseruation of the fruit to saue it, and also to sée the vessell cloase couered. Also when ye wyll bake your Quinces, washe them wel and cleane in warme water, and bake them as before is written.

To make past of Sugar, wherof a man may make all manner of fruites, and other fine things with their forme, as platters, dishes, glasses, cups, & such like thinges, wherwith you may furnish a table, & when you haue done eat them vp. A pleasant thing for thē that sit at the Table. Cap. 13.

TAke gum Dragant, as much as you will and steepe it in Rosewater, vntill it bée mollified. And for foure ounces of Sugar take

take of it the bignes of a Beane, the iuice of Lemons a walnut shell full, and a little of the white of an egge: but you must first take the gum and beat it so muche with a pestell in a morter of white Marble, or of bras, vntill it become like water, then put to it the iuice with the white of an Egge, incorporating well together. This done, take 4 oūces of fine white sugar well beaten to powder, and cast it into the morter by little & little, vntill all be turned into the forme of paste. Then take it out of the sayd morter, & bray vpon it ỳ powder of suger, as it were meale or flower, vntill all be like soft paste, to the ende you may turne it, and fashion it which way you wyll. When you haue brought your paste to this forme, spreade it abroade with Sinamon, vpon great or small leaues as you shall thinke it good, and so shall you forme or make what thinges you wyll, as is aforesaid. With such fine knacks as may serue a Table, taking hēede that there standeth no hote thing nigh vnto it. At the ende of the banquet they may eate all, and break the platters, dishes, glasses, cuppes, and all things, for this paste is very delicate & sauorous. If you will make a thing of more finenes than this, make a tart of Almonds, stā-

ped

ped with sugar and rosewater of like sorte, that Marchpanes be made of. Thys shall you lay betweene two passes of such vessels, or fruites, or some other thing, as you think good.

To make fine blanch powder for rosted Quinces. Cap. 14.

TAke fine Sugar halfe a pounde, beaten in a hot Morter to fine powder, of white ginger pared halfe an ounce, of chosen Sinamon, a quarter of an ounce beaten ready to fine powder, mixe them well together, and if you wyll haue it most excellent, cast two spoonefulls of Rose or damaske water in the beating of the sugar.

To conserue Quinces in Syrop condict, alway ready to be serued, in whole or in quarters. Cap. 15.

AFter your Quinces are coared and pared, seeth them til they be tender & softe: then lay them out till they be colde, in the meane time take of the same liquor two quartes or more (according to the number of your Quinces which ye wyll keepe) and

put

therin the cores, and some other small pee-
ses, seeth them in liquor to make the Sirop
strong, straine them, and put into the ly-
quor, being two or three quarts, one pint of
rose water, and for euery quart of liquor on
half pound of sugar seeth them againe toge-
ther on a soft fire of coles till the Sugar bee
incorporated with the liquor, then put in
your Quinces, let them seeth softly till you
perceiue that your sirop is as thicke as fine
hony, then set them to keele, and take them
out, lay them in a tray or træne platter till
they be colde, then take one ounce of brused
Sinamon, and some whole cloues, put them
with some of the Sinamon in the Sirop, and
when it is cold, lay a lard of quinces in your
glasse (called a gesselin glasse) or an earthen
pot well glased, then strawe a little of your
Sinamon vpon your Quinces, then powre
some sirop, lay on an other lard of quinces,
and againe of your spice and sirop, and so
forth till you haue don, & couer them two
fingers ouer with sirop aboue, couer them
close: and within three or fowre daies looke
to them, and when ye finde the sirop shrun-
ken downe, put in more, and so reserue thē.
These are to be serued in with Sirop.
See that the Quinces bee tenderly sodden,

and the strop thicke and strong inough.

Plums condict in Sirop. Cap. 15.

TAke half a pound of sugar, halfe a pint of rose water and a pint of faire rain water, or of some other distilled water, set the the sugar and the tuo waters upon a softe fire of coales, til the one halfe be consumed, then take it from the fire, and when it leaueth boyling, put therin halfe a pounde of ripe Damsins, or other plums, and set it a gaine on the embers, and kéep it in the like heat till the plums be soft, by the space of an houre, if need be, thé put into it some cloues bruised, and when it is colde, kéepe it in a glasse, or in an earthen gally pot: ỹ stronger the strop is with sugar, the better it wil cõtinue: some put into the strop, cinamon, sanders, nutmegs, cloues & a little ginger séeth them not hastely for feare of muche breaking.

To make fine rice Porridge. Cap. 16.

TAke halfe a pound of Iorden Almonds, and halfe a pound of Rice, and a gallon of running water and a handefull of Oke barke, and let the barke be boyled in ỹ running water: and the Almonds beaten with the huls and al on: & so strained to make the

rice

rice porredge withall.

To make Marmalade of Quinces. Cap. 17.

After that your quinces are sodden, reaye to be kept condite as before in the chapter is written, then with some of ỳ liquor wherein they were sodden (but without any spice) beat them and draw them as ye would do a Tart, then put some ouer the fire, and seeth the softly, and in the seething straw by litle and litle powder of sugar, the waight of the quinces or more, as your tast shall tell you: stir it continually, put therto some pure rose water, or damask water, let it seeth on height, til it be wel stading which thing ye maye knowe by taking some of it vpon a colde knife, and let it keele, if it be stif then take it off, & bore it while it is warm, and set it in a warme and dryye ayre, if you will gilde your marmalade, do as afore is spoken of a Marchpane.

The beste making of Marmalade is, when the Quinces haue lain long, and are throughe ripe, and verry yellow, as in Lent season.

And for as much as quinces are binding, and therefore not good for some sicke folkes costiffe, it is necessary to put a good many of

ripe Apples of good verdure, as Renet, Pippen, Lording, Ruletting, Pomeroyall. Rex Pomorum or any other Apple that is pleasant rawe among them, being first drawne from a Tart, and then sodden among the other matter of Quinces. Thus shall you make your Marmalade somewhat souple and also increase the quantity and verdure of the same, specially if it be wel dasht with swet water.

To make Marmalade of damsons or Prunes. Cap. 18

Take Damsins whiche are rype, boyle thē on the fier with a little faire water vntill they be softe, then drawe them throngh a course Boulter, as yᵉ make a Tarte, set it on the fier againe, sethe it on height with sufficient sugar, as you do your Quinces, dash it with swæt water, &c. and bore it.

If you will make it of Prunes, euen likewise dō put some Apples also to it, as you did to your Quinces.

This wise you may make Marmalade of wardens, peares, Apples and medlars, seruits, Checkers, or Strawberies, euery one by him selfe, or els mixe it togither as you think good.

To

To make Suckade of Peeles of Orenges and Lemmons. Cap. 19.

FIrſt take of your peeles by quarters and ſeeth them in faire water, frō three quar tes to three pintes, then take them out, and put to as much more water, and ſeeth them likewiſe, and ſo do againe, till the water wherein they are ſodden haue no bitternes at all of the peeles, then are they ready, now prepare a Sirop as ye do for Quinces con dict in the Syrop in the 15. Chapter before written ſeeth them in a glaſſe or pot.

To make green Ginger. Cap. 20.

TAke the raſes of caſed ginger, of ỹ fairеſt and vſe them as followeth: laye a broade lane of faire ſand vpon a lowe floore on the ground, halfe a foot thicke, then lay your ra ſes of ginger vpon the ſande in order, couer the ginger with more ſand, 4. or 5. Fingers thick, ſprinkle the ſand ouer faire with wa ter twice euery day, that it be moyſte, thus dayly do, till you ſhall perceiue your raſes to be ſoft. Then take vp your raſes, waſhe them and ſcrape them cleane, haue a ſyrop ready made as aboue is ſaide, ſeethe them in till they be well ſeaſoned: take them vp and with ſome of the ſirop caſt them, or put thē in a pot of ſtone.

To make Manus Christi. Chap. 21.

TAke halfe a pound of white sugar, put therto 4. ounces of rose water, seeth the vpon a soft fire of coales til the water be cõsumed, and the sugar is become hard, then put therin a quarter of an ounce of ypowder of pearls, stir thẽ wel togither, put for euery spoonfull a pece of a leafe of golde cut of purpose: cast thẽ vpon a leaf of white paper, anointed first with oile of swet almõds or swet butter for cleaning to.

To make Ipocras. Chap. 22.

TAke of chosen sinamon 2. ounces, of fine ginger, 1 ounce, of grains, half an ounce bruse them all, and keep them in thre or 4. pints of good odiferous wine, with a pound of sugar, by the space of 24. howres, then put them into an Ipocras bag of wollen, and so receiue the liquor. The readiest and best way is to put the spices with the half pound of sugar, and the wine into a Bottell, or a stone pot stopped close, and after 24. houres it will be ready, then cast a thin linnẽ cloth or a pece of a boulter clothe on the mouth, and let it so much run through as ye wil occupy at once, and keep the vessel close, for it will so wel keep both the spirite, odour, and vertue of the wine, and also spices.

To

To make conſerues of Roſes, or other flowers. Chap. 23.

TAke the buds of red roſes ſomewhat before they be ready to ſpread: cut the red part of the leaues from the white, then take the red leaues, and beat and grinde them in a ſtone morter, with a peſtel of wood, and to euery ounce of roſes, put 3 ounces of ſugar in the grinding, after the leaues are well beaten, and grinde them togither till they be perfectlye incorporated, then put it in a glaſſe made for the nonce, and of purpoſe or els into an earthen pot, ſtop it cloſe and ſo kæp it.

Thus ye may make conſerues of all kinde of flowers, vſed therunto.

The vertue of the conſerue of Roſes.

COnſerue of roſes cõforteth ỹ ſtomack the hart and al ỹ bowels, it moliſieth and ſoftneth the bowels, and is good againſt black choller and melancholly. Conſerue of white roſes doth looſe the bellye more then the red.

To make conſerue of Violets. Chap. 24.

TAke the flowers of violets, and picke them from the ſtalke, beat and grinde them with ſugar, as you did your Roſes: to

these put double the weight of sugar to the waight of Violet flowers, but to all Flowers, put three partes of Sugar to one parte of the flowers.

The vertue of the same.

CONserue of Violet flowers, is good against the heate and inflamation of choller called yellowe choller, it quencheth thirstinesse, it maketh the belly moyst and soluble.

The vertue of the conserue of Bugloss. Cap. 25.

CONserue of Bugloss flowers, cõforteth the hote heart, it is good for the frantick, for the lunatick, and for Melancholick it is good for the sincop and sowning, it taketh away hart burning, and trembling of ỹ hart or stomack, it profiteth against choler.

The vertue of the conserue of Borage. Cap. 26.

CONserue of Borage flowers, is of like vertue: it is especially good against black choller or Melancholie, it also maketh one merrie.

The vertue of concerue of Rosemary. Cap. 27.

CONserue of the flowers of Rosemarye, com-

comforteth the cold and moist braine, it cõforts also the sinowes, it is good against melancholie and flewme.

To keep Cheries condict or Gooseberies. Cap. 28.

Make your sirop as for plums, the take halfe a pound of Cheries, & cut off half the length of the stalke of euery cherry, put them into the Sirop, and vse them as you did the plums, put in what spice that pleaseth you, and keep it as before is writtem but make your Sirop strong enough of sugar, least it war bore, & corrupt, then make a new sirop stronger of the suger, & put the cheries in it to keep as before is said. Thus ye may do with gosberies to make of them tartes or sauses al the yeer long sauing that the gosberies may be well sodden without breaking, because of their rough skinne so it be softly and diligently don.

The vertue of conserue of Succary. cap. 28.

Conserue of Succary is good against yelow and blacke chollor, and in the burning heat of hot Feuers.

The vertue of the conserue of Elder Flowers. Cap. 29.

Conserue of flowers of Elder, is good against the Morphew it clenseth the stomack

macke and the whole body from scabs. Gather the clusters, or bunches wheron ỹ flowers grow when they are blowne and spred: laye them vpon a faire sheete abroade in a chamber a day or two, till ye shall perceiue the flower will shake off and fal away, then pick them clean, and make therof conserue as ye do of other flowers.

And whereas it is more holesome than pleasant: therfore put some other conserue, such as ye like amongst it, when you will occupye it.

The vertue of the conserue of Sorrell. Cap. 30.

CONserue of Sorrell is good against all kind of heates of the stomack, and other principall parts of the body, & against yellow choller.

Take leaues of Sorrell, wash them clean, and shake off the water cleane, or els tarry till the water be dried clean, beate them, & grinde them with sugar, as aboue, and then kéep them.

The vertue of the conserue of maiden Haire. Chap. 31.

CONserue of the leaues of maidenhaire, is good against the sickneſſe of the side, called the Plurisie, and for all the diseases

of

of the breast, and of the lights, and in al maladies of melancholy, and against red choller, make it as you do of Sorrell.

To make conserue of Elicampane roots. Cap. 32.

Take the rots of Elicampane, wash them cleane, slice them into peces, as big as your thumb, seeth them in faire water, till they be tender, take them vp, & pown them and drawe them through a hairy sieue, put therto in the second seething, the double or treble waight of sugar, & when the sugar is perfectly incorporated, take it off & keep it.

The vertue of the same.

Conserue of Elicampane is good to comforte the stomack, and the nourishing of the members, it marueilously loseth tough fleume, dissolueth and consumeth the same by the sledge it auoideth it.

To make conserue of Acorns, or Gladen with the vertue of the same. Cap. 33.

Take the Rootes of yellowe Flowerdeluce, which groweth in moyste ground, otherwise called a Flag rote: washe them and scrape them, seeth them, and order them as ye do of Elicampane, now last before rehersed, and so keepe it. This cõserue is good against all sicknes of the brain and sinews,

and

and against all diseases of fleume, vnto women it openeth naturall course and terms.

And you must generally learne, that in making conserues, fruits & rots are made with fier & sæthing: but flowers are made without fire or sæthing: Moreouer the more sugar or hony is put into them, so it bee not past three pounde to one, the conserue shall continue the better.

To make a conserue of Strawberies, with the vertue of the same. Chap. 34.

TAke Strawberies one quart, clean picked and washed, set them on the fire till they be soft, straine them, put thereto two times as much sugar in powder, as waight of the strawberies, let them sæth till the sugar be incorporated with the strawberies, put it in a glasse, or earthen pot well glased.

The vertue of the same.

The cõserue of strawberies is good against a hote liuer, burning of the stomacke, and specially in the feruent heat of an ague.

Thus make conserue of Damisins, and Prunes.

To make conserue of Cheries, and Barberies. Cap. 35.

Likewise

LIkewiſe you muſt make cõſerue of cherries, and alſo of Barberies, ſauing that theſe require more ſugar then the other do which are not ſo ſower as they be.

Here is to be noted, ỹ of conſernes of fruits maye be made marmalade, for when your conſerue is ſufficiently ſodden and ready to be taken off, then ſeth it more on height, & it will be Marmalade.

Moreouer ſome make their conſerue, marmalade, and ſirops with clean ſugar, ſome with clean hony clarified, ſome with ſugar and hony togither: and after the opinion of diuers great Clarkes, hony is more holſõe though it be not ſo toothſome as ſugar.

To make all kinde of Sirops. Cap. 36.

TAke Bugloſe, Borage, white Endyue, of eache one handefull, of Roſemarye: Time, Iſop, winter Sauerye of each halfe a handefull, ſeethe them, being firſte broken betweene your handes, in three quartes of water into three pintes, then ſtrain it, and put in the liquor, whole cloues an ounce, powder of cinamon, halfe an ounce, powder of ginger, a quarter of an ounce, Nutmeg, in powder of ſugar halfe a pounde or more let them ſeth vpõ a ſoft fire, wel ſtirred for burning

burning too, vntill it come to the thicknes of lifehonny, then kéep it in gally pots, you must put one pint of malmesy in the second pot, if séething it will be better, when it is perfect haue sixe graines of fine muske powder, stir it among your sirop, as ye put it into the gally pot and couer it.

This sirop will last many yéeres, and is excellent against sowning and faintnesse of hart, it comforteth the braine and sinewes, if it be vsed as much as a hasel nut at once, at your pleasure.

A Violet powder for wollen cloths, and Furres. Cap. 37.

TAke of Ireos 2 ounces, of Calamus aromaticus 3 quarters of an ounce, of Cypresse, of Galingale, of Spiknall, of Rose leaues dried, of each a quarter of an oũce of cloues, of spike, of lauender flowers, of each halfe an ounce, of Nigilla Romana, a quarter of an ounce: of Beniamin, of Storax Calamite, of each half an ounce, let them be all finely beaten, and searced, then take two or thrée graines of muske, dissolue it in Rose-water, and sprinkle the rose water vpõ the powder, & turn it vp and down in the sprinkling til it haue drunk vp the water, when it is dry kéep it in bags of silke.

A ſweet powder for Napery, and all linnen clothes. Cap. 38.

TAke of ſwéet Mariozam that is hearye, that is the ſwéeter when it hath in him ſéedes ripe, cut the bzanches, ſo that the roſ maye ſpzing againe, when the Marioram is dzied, then rub out the ſéeds, and kéep them to ſow about Eaſter, and the huſks & leaues that grow about the ſéeds take foz your purpoſe, rub them ſmall betwéene your handes (foz if you beat them to powder in a mozter they will loſe the moſte part of their ſauoz) then take of white ſanders, oz of gray ſanders, but loke that they be newe of righte ſwéet odour, foz if they be olde and haue no pleſant and quicke odour, they are nothing wozth: take I ſay of theſe ſwéet ſáders, beaten into fine powder one ounce, and put it into an ounce of your ſwéet mariozum, rubbed betwéen your hands, as befoze is ſaide, and if you put 1 oz 2 graines of muſk therunto (foz your wearing linnen it is the better) ſowe theſe vp in a ſilke bagge togither and laye it amonge your Linnen, of ſuch baggs haue a doſen oz two, which will continue manye yéres, and when you loke to your Linnen, then chafe each of the bagges betwéene your handes, that they may yéld

out

out their sweete odour. Moreouer, in the Sũmer time, gather red Roses in faire weather, so soone as they be blowne, and open new, laye them vpon a Table, a Bed, or a faire floore of bordes, and nowe and then remoue them, least they moulde, and ware sortie. When they are drye, picke of the leaues that you maye haue two peckes of them, then strawe them among, and betweene the boughes and foulds of your Linnen, with one handfull of drye Spike flowers, to fiue handful of drye Roses, and lay your sweet bagges amongst them. Be sure that your linnen be euer throughe drye or euer ye laye them vp, or els the Roses will ware hoare, set your Cofer in a drye ayre, & in the winter time or in wet weather, when ye perceiue your Roses to way moiste, then put them into a pillowebeare or twaine, that they fall not out, and lay the vpon your bed betweene the Couerlet and the blanket all night, or els before the fire let them dry and straw them againe.

Moreouer yee must alwaies haue a bag full of drye Roses in store, kept in a drye ayre, for if he lose his rednes, thē loseth the Rose his sweetnesse.

Finally, ye must euery yeere put away your

your olde Roſes, and occupy new, but kéep your ſwéet bags ſtill many yéeres.

To make a Pomander. Cap. 39.

TAke of Beniamin 1 ounce, of Storax calamite half an ounce, of Labdanũ the eight part of an ounce, beat them to powder, and put them into a brazen Ladle, with a little damaſk or roſe water, ſet them ouer the fier of coles til they be diſſolued, and be ſoft like wax. Then take them out, and chafe them betwéene your hands as you do wax: then haue theſe powders readye finely ſearſed, of ſinamon, of cloues, of ſwéet ſanders, graye or white, of each of theſe thrée powders half a quarter of an ounce, mixe ỹ powders with the other, and chafe them well togither, if they be too dry, moyſten them a little with ſome of the roſe water left in the Ladle, or other: If they war colde, warm them vpon a knifes poynt, ouer a chafingdiſh of coales then take of Amber Greece, of Muſke, and Ciuet of each thrée grains, diſſolue the amber greece in a ſiluer ſpone ouer the hoat coales, when it is cold make it ſmall, put it to your Muſke and Ciuet, then take your Pome that you haue chafed and gathered togither, and by little (with ſome ſwéete water if néed be) gather vp the Amber muſke

and Ciuet: and mixe them with your Bal: till they be perfectlye incorporated, then make one Ball or two of the lumpe, as ye shall think good, for the waight of the whole is about two ounces, make a hole in your Ball, and so hang it by a Lace.

If you perceiue that the Ball is not tough inough, but to brittle, then take a curtesie of Storax liquida, and therewith temper your bal against the fire, but take not to much Storax liquida because it is to strong.

Or the better way, is to haue some gum called Dragaganthum, ready dissolued in swéete water, it will be dissolued in two dayes, and with that gather your Ball with the heate of the fire: this ball will be of like goodnesse, within as without, and of great price.

¶ Some men put in the making hérof thrée or foure droppes of the Dyle of Spike beware of to muche, because it is verye strong.

¶ When ye will haue your ball excéede in swéetenesse, breake it, and haue two or thrée graines of Muske or Ciuet, or amber greace, as you delight in, or altogither, dissolue them in rose or damaske water and with the same chafe your Bal ouer the fire till

till all be drunken in, then pearce a newe hole as before.

To make a fine fumigation to cast on the coales. Cap. 40.

TAKE of Beniamin, one ounce, of Storax calamite halfe an ounce, dissolue them as for a pomeander, then haue ready these woodes in powders or one of them, Ginger or Cypres, or of white Saunders and Cloues: of either halfe a quarter of an ounce all in fine powder, mix them al togither: and with some Storax lipuida gather them togither with the heate of fire, then make them round, of the bignesse of a black Sloe: and with your seale print it a Cake while it is warme and soft.

Of these cast one or two vpon a Chafing dish of Coles, to purge al pestiferous infection and corrupt ayres out of your House: If you put to the other thinges the powder of Amber Beades, it will be the sweeter.

Some put also Labdanum, as before is said in making of the Pomeamber, herein do as the sauour thereof shal please you.

To make the same in Oselettes.

Cap. 41.

TAke a little of the fine powder of Sallow or willowe coles, mix it with some

your Fumigation laſt before named, in the making, worke them altogither, then faſhion it with 3 or 4 feet like a clone, and when it is dry, kindle the end of it at a quicke coale, and it will yéeld a ſwéet ſauour, put not to much coales, for then it wil ſauour of them put not to little coales, for then it wil not kéep fire, put not to muche Storax Liquida, for then it will be to brittle and to moyſte, and will not lightly dry: therfore it ſhall be very wel to haue ſome gume of the Cherry trée or Plum trée, which they cal gum Arabique, diſſolue ſome of it in ſwéete water, till it be liquid and tough, with this gather your Oſelets, or other Fumigations.

A moyſt fume vpon a fuming diſh. Cap. 42.

TAke a péece of Pomeamber, as big as a haſell nut, bruſe it, put it into your fuming diſh, with ſwéete water, put therunto a few Bay leaues, as much of dried Baſill leaues, a little roſemary, and ſet it ouer the fire vpon a Cupboord, or elſe in ſtead of the Pomeamber, put 2 or 3 of the cakes before written, broken ſmall, and 9 or 10 whole cloues, and if you will haue it excellét ſwéet then put 1 or 2 graines of muſke, and let the leaues, and them ſtande ouer that fire togi-

ther

ther, as before is said.

A Fumigation for presse and clothes, that no Moth shall breed therin. Cap. 43.

TAke of the wood of Cypresse or of Juniper, of rosemary dried of Storax calamite of Beniamin, of Cloues a like waight, beaten all into powder, then take of the powder of wormewood leaues dryed, as muche as all the others: mixe them well togither cast thereof vpon a chafindish of coales, and set in your presse, and shut it close, and thus do oft times, til you haue wel seloned your presse or cofer.

A powder wherwith to make sweet waters Cap. 44.

TAke of the wood of Cipresse, or the rootes of Galingall one quartern, of Calamus Aromaticus one quartern, of orace or Iris one quarterne, of Cloues one quarterne, of Storax calamite 1 quarterne, of Beniamin one quartern.

Or ye may take of each of these 1 ounce for a portion, let all be beaten into powder, and when yee will distill your Roses, fill your Still with Rose leaues, and a fewe Spike flowers, and vpon the toppe of some: strawe some of your powders, and so distill them.

some put a little of the powder of Nigella Romana to the other powders.

These Cakes will be verry swéete: put the water in a large glasse: and to the Pot put twelue grains of Muske, let it hang in the middest of the water: in a thinne linnen cloathe with a threedde, set it in the Sunne twenty or thirty daies, then take the glasse in and set it in a drye ayre.

Another maner of making of Damask-water, Cap. 45.

TAke of Arace or Iris, of Spike flowers dryed: of Cloues of eache one an ounce, make them in powder: put them togeather with a pinte of newe Ale in Tornes: and one pinte of Rosewater, into an earthen pot: put thereto a good many of grœne Rose leaues, let them soke it in a night time, stopped close: in the Morning when ye will Distill, firste lay other Rose leaues in the bottom of your stillitory: for feare of cleauing to, then take of the Rose-leaues out of the Pot, and put them with other grœne Roseleaues in your Stillitorye sufficiét, & to the water put musk as aboue saide. This water is excellent to set forth a tart, an apple moyse, or almond butter.

Powder of Holland against Collick and the knawing of the belly.

Take

TAke Sinamon Anis ſæde: Fennell ſæd: Cummin ſæde: of eache a quarter of an ounce: of ſhauen lyquoris thꝛée quarters of an ounce: of galingale one ounce and a half of Spiknard a quarter of an ounce: of ſæn of Alexandꝛia two ounces: beate them all in fine powder and ſerue them: wherof take a quarter of an ounce in a meſſe of Potage.

Powder to make the bellye ſoluble, cauſing a gentle laſk meet for noble perſonages. Cap. 47.

TAke Sæne of Alexandꝛia one ounce: of fine Ginger halfe a quarter of an ounce of Annis ſæd a quarter of an ounce: beate them into fine powder and ſearce them: put of this powder into your ſodde Sugar: and make Loſinges as befoꝛe of the whole the number of ſirtæne, whereof diſſolue 2. of them in a meſſe of Pottage, oꝛ in a Cup of Wine faſting in the Moꝛning: and faſte an howꝛ after: if you doo put as much of Suger in powder, as the waighte of the whole powder: ye may kæpe it in a bladder and ỹ whole powder wil ſerue eight times to receiue, as euen now is ſaid.

A receite to reſtore ſtrength in them that are brought lowe with long ſickneſſe. Cap. 48.

Take

TAke of the brawne of a Phesant or partridge, and of a Capon sodden or rosted, of each a quarter of an ounce, keepe them in rosewater 2 howers, of the kernels of nuts, called Pistacio̅rum, and of the kernel of the pine Apple, of each a quarter of an ounce, of sinamon in fine powder, the weighte of 20. barly cornes, of the spices of Dianthos, diamargariton, Letificentes, Galeny, of each the waight of 40 graines, of barly cornes, of the rēd of Dillon, Pipon, Gowde, & Cucomer, of eache the waight of ten graynes, the skin taken off, let them be all grounde small, then take 6 ounces of sugar dissolued in Borage water, seeth it on height, as for losings, and when it is sodden inough, then put in all the other geare, and make losings thereof, whereof one is sufficient at once, dissolued in a messe of pottage, or a draft of drinke, thus do 2 or 3 times euery day.

To make Losings. Cap. 49.

TAke half a pound of Sugar, & as much rosewater, or other distilled water as for Manus Christi, seeth them likewise, and when ye wil know when it is sodde̅ inough take out some vpō a knifes point, and let it

kele,

kéele and if it be hard like Sugar, then it is ſodden inough: then put into it of any of the powders hérafter next following 1 ounce: ſtir them wel togither, lay it vpon a paper oyled, driue it as thin as ye think meet, lay on your gold leafe with a connies taile, cut your Loſings diamond faſhion, and ſo kéep them.

To perfume Gloues. Cap. 50.

TAke the gloues and waſh them in Roſe water, or damaſke water, till the ſcurfe of the leather be gone, and then ſtretche thē forth ſoftly, & kéepe the water you waſh thē with ſtill, then hang them vp to dry, & then lay them in a clean linnen cloth, that is folded 3 or 4 double, and when they be dry, let them lye in roſe leaues dried, a day or two, then take oyle of Ciuet, almonds, & muſke, & grind them togither vpon a marble ſtone, ſtretch them forth ſoftly, & with your hand annoint your gloues, 3 or 4. times and euer among ſtretch them forth, then let thē drye and euer ſtretch them forth ſoftly, as they dry. Then take Sandifer mixed with a little Amber greace, and ſtraw the powder of it thinly vpon them, and lay them in a paper, & in a box, or elſe melt ỹ amber greace, with a quantity of roſewater, and mix the

sandifer to it and so annoint ẏ gloues with the same: then let them dry and put them in faire white papers.

2. To perfume gloues an other way.

TAke the gloues and wash them as afore said: 3 or 4 times: and wring them euery time softly, then take gum of Dragant, and steepe it in fine Damaske water one night: then strain the water through a fine linnen cloth: and take the gum and mix it with an ounce of Amber greace and a quarter of an ounce of Muske, first grinde your Amber greace with oyle of Turpentine, then mingle altogither: and rowle your gloues with the same: lay them to drye and laye a paper betweẽ.

3. A preparatiue for Gloues.

WAsh the gloues as afore said: till the sent of the leather be gone: thẽ take Beniamin two ounces, of Storax Calamite 1 ounce, let them be very fine: then take oyle of ciuit, almonds, and mingle it with Beniamin & Storax vpon a marble stone. When it is well ground put it into an earthen pot with more oyle of Ciuet Almonds, thẽ put in cloues in powder and so let it stand very close couered, and when you need take a little Rosewater in a Spunge and rub the

gloues

gloues softly, and then in like maner with the oyle called Ciuit oyle for the same purpose.

4. Another way.

TAke twelue graines of musk, six grains of Amber greace, three graines of Storax calamite, fiue graines of Beniamin and a fewe cloues, grinde all these togither with oyle of ciuit Almondes. Firste washe your gloues with Fulles dissolued a daye in Damask water.

5. Another for gloues.

TAke your gloues and wash them in rose water once or twice, til al the scurffe be gone from them and then let them dry: and stretch them well out fingers and all, then plaine them and wash them once or twice, then take 2 ounces of Storax and as much Beniamin made in powder. Dresse your gloues al ouer on a smoth bord before they drye then hang them to dry, and when they be dry saue the powder that is left.

Then take a pint of Rosewater and two ounces of Storax, and two ounces of sinamō put al these in powder, and cast them to the rosewater, and let them seeth in a close posnet couered.

Then take a fine brushe and brush them ouer

them ouer.

6. Another way to perfume.

TAke Amber greace a dram, of musk half a dram, of Fulles a dram, of Cinit halfe an ounce, put al these togither in a pynte of rose water, or damaske water.

7. A nother way.

TAke a dram of Amber greace, a dram of Beniamin, half a dram of Fulles, a dram of Storax, a quarter of an ounce of Labdanū put all these to rosewater.

A perfume for Chests & Cupbords, & also for gloues. Cap. 51.

TAke Beniamin and Storax, of eache one ounce, Labdanum and Fulles of eache a quarter of an ounce, halfe a dram of Cinit. If you burne it for chests or cupbords beate it in a hote morter. If it be for gloues boyle it, and put it to rosewater.

To colour gloues. Cap. 52.

YOu must haue hulles of grēen walnuts, that must lye in water all the yēr long roll them well with these hulls, and make them as dēp a colour as you may.

How to colour gloues yellow within.

TO colour gloues yellow within, take the yolkes of twenty Egs, and put them in a frying pan, with a soft fire, stir them euer and bruse them with a Ladle, and the Dyle that assendeth of them, being annointed on the inside of the gloues, wil make them lok yellow.

To make Musk sope. Cap. 53.

TAke strong lye made of Chalk, and fyre pound of stone chalk, 4 pound of Dœre suet, and put them in the lye, in an earthen pot, and mingle it wel, and kéep it the space of 40 daies, and mingle and stirre it 3 or 4 times a day, till it be cõsumed and that that remaineth 7 or 8 daies after, then you must put a quarter of an ounce of musk, & when you haue don so, you must also stir it: and it will smell of muske.

To make red sealing wax. Cap. 54.

TAke to 3 pound of ware, thrée ounces of clære turpentine in sommer: in winter take fowre, melt them togither with a soft fire, then take it from the fire & let it kéele, then put in vermilion, very finely grounde, and sallet oyle of each an ounce, and mixe them well to gither, and it is perfect good.

To keep Damsins in sirop Cap. 55.

Take

TAke Damſins and picke them with a knife or a pin, then take clarified Sugar as much as you ſhall think will ſerue, and then you muſt boile it til it be thick as birdlime, then boile your Damaſins in the clarified ſugar til it be ſoft, then take them vp and put them in a glas, then you muſt boile the ſirop til it be as thick as the other was before you put in the damaſins. And aſſoone as it is ſo thicke, you muſt powre it into the damaſins: and ſo couer them cloſe.

To know whether a woman ſhal euer conceiue or not. Cap. 56.

TAke of the ruine of a Haire, and hauing frayed it and conſumed in hote water giue it the woman to drink in the morning at her breakfaſt, then let her ſtand in a hote bathe: & if there come a greef or pain in her belly ſhe may conceiue: if not, ſhe ſhall neuer conceiue.

To make a barren woman beare Children Cap. 57.

TAke of theſe little Sea Fiſhes called in Latin Polipi or Polipodes: & roaſt them vpon the embers without oyle, and let the woman eate of them and it ſhall profit and help very much: hauing in the meane time the company of a man.

To

To make a woman haue a quick and ſpeedye deliuerance of their children, and without paine: or at the leaſt very little. cap. 58.

TAke leaues of Dittany and ſtamp them or els make pouder of them: & giue the woman that laboureth to drink of it with a little water, and ſhe ſhall be deliuered incontinent without any great paine or griefe

For the gnawing in a womans ſtomack. cap. 59.

TAke a good handfull of ſpæremint: and a handefull of wormwood, and heat a tyle ſtone: and lay theſe two thinges on it: and a little bag, and when the hearbes be hote: put them in the bag and ſo laye them to her ſtomack.

To make a ſweet damaſk powder, foure maner of waies.

TAke two or three handfulls of dried roſe leaues: 2 graines of muſk: half an ounce of Cloues, and beat theſe al to powder.

2 An other way.

TAke 6 oũces of orace: 4 ounces of cloues 2 ounces of Storax calamite. 1 ounce of Labdanum, 2 ounces of yellow ſanders and a little muſke.

3 An other way.

TAke two ounces of cloues, fowre ounces of spruce, fowre ounces of Storax Calamite, fowre ounces of Roses, three ounces of Beniamin.

4. An other way.

TAke 3 ounces of Cypresse, 4 ounces of Beniamin, 2 ounces of Labdanum, 3. ounces of Storax calamite, 2 ounces of roses, beat all these to powder.

To make pepper soft with the vertue of the same.

YE shal do this after the same maner as is shewed for græn ginger, in the 20. chapter, that is with sand, and the like Sirope, season and kæp them: ginger & pepper in strop comforteth a cold stomack & helpeth much to good digestion.

To keep Barberies.

TAke clarified sugar, and boyle it til it be thicke which you shall perceine if you take a little betwæn your fingers: it will rope like birdlime: then put in your Barberies, and let them boile with a soft fire: vntill you perceiue they be tender, then put them in a glasse and couer them, and so kæp them.

For the ague in a womans breast. Cap, 60.

Take

TAke Hemlock leaues, and frye them in swete butter, and as hote as she maye suffer it, lay it to her brest, and lap a warm white cotten, and it will driue it awaye in short time.

For the vnnaturall heat of the liuer.

Cap. 61.

TAke Borage, Buglosse, Succorye, Violets, Fumitorye, young Hop budds, Fenell buds, of eache a quarter of a handefull, ponge Mallowes and Mercurye, of eache halfe a handfull, boyle these in a pottel of Whey and straine it.

For the Canker in the mouth.

Cap. 62.

TAke half a pinte of ale and a sprig of rosmary: and seth them togither, and scum your ale: and then put in a pece of Allum as much as a nut, and a spoonefull of honye and 2. spoonfull of honysuckle water.

To make the face faire: and the breath sweet.

Cap. 63.

TAke the flowers of Rosemary, and boile them in white Wine, then washe your face with it and vse it for to drinke, and so shall you make your face faire, and your breath swet.

To make haire as yellow as Golde. cap. 64.

TAke the Rine or scrapinges of Rubarbe and steep it in white wine, or in cleare Lie. And after you haue washed your head with it, you shall wet your haires with a spunge or some other cloth, and let them drye by the fire, or in the Sunne. After this wet them and dry them again, for the oftener they do it, the fairer they will be, with out hurting your head any thing at all.

To driue away all venemous Beasts from your house. Cap. 65.

TAke Juniper, the seede of Agnus Castus, the shels of riuer Chreuises, harts horn the greace or suet of Buck, Kerse or towne cresses, organy and Dittanie, make of all these drugs a dowe or paste. And when yee will vse or occuppye it, burne it, for wheras the smoake thereof goeth: the beastes will void away.

Against all poyson eaten or drunken. Cap. 66.

HAuing knowledge that any man is poisoned, the cheefe remedie is to make him vomit the poison, in giuing him oyle Oliue luke warme to drinke alone, or mixt with warme water. And if you haue no oyle, giue him butter with hote water or with the decoction of line-seed, or the

seed

sæd of nettles, or of Semigræcum, and all these thinges purge the venyme as well downward, as vpward. After hauing made him vomite diuers times, you must purge him with sharpe glisters downwarde. The giue him water, mixte with honny, and also olde wine inough to drink. But if you cã gwd Triacle or Mitridate, they are the principall againste poysons, with Terra sigillata Acorne shels, and giue it him in gwd wine. Let his meat be the fat flesh of olde beastes and fat brothes, specially of Hens and fatte Fish, and let him not slæpe. And in continuing with this meanes, he shal be deliuered by the help of God.

To driue away Lyce. Cap. 67.

Take incense, and the Larde of a barrow hog, properly called barows greace, boil them togither in an earthen pan or pot leaded, and with this oyntment rubbe and annoint the place where the Lice be.

¶ How to make a soueraigne water, that Maister Doctor Steeuens Phisition a man of greate knowledge and cunninge did practise, & vsed of long experience. And therewith did verrye manye cures, and kept it alwayes secrete, till of late, a little before his death, a speceall freend of his

did get it of him in writing. The receipt.

TAke a gallon of Gaſcoin wine, then take Ginger, Galingall, Camamill, Sinamon, Nutmegs, Graynes, Cloues, Mace, Annis ſædes, Fenel ſædes, Caraway ſæds of euery of them a dram. Then take Sage Hiſſop, red roſes, Time, Pellitorye of the wall, Wilde Margerum, Roſemary, penny mountaine, otherwiſe called wilde Time, camamill, lauender and auens, of euery of them one handfull: then beate the ſpices ſmall, and bruſe the hearbes, and put al into the Wine: and let it ſtand 12 houres, ſtirring it diuers times. Then ſtil it in a Limbecke, and kæp the firſt pinte of the water for it is the beſt: then will come a ſeconde water which is not ſo good as the firſt.

The ſundry vertues and operations of the ſame many times approued.

THe vertues of this water be theſe: it cõforteth the ſpirits, and preſerueth greatlye the youth of man, and helpeth the inward oiſeaſes comming of colde, againſte ſhaking of Palſey: it cureth the contractes of ſinnewes and helpeth conception of Women that be barren, it killeth the wormes in the belly: it helpeth the colde gout it helpeth the toth ach, it comforteth the ſtomack

very

very much: It cureth the colde Dropsye, it helpeth the Stone in the Bladder, & in the reynes in the back: it cureth the Canker, it helpeth shortly a stinking breath, and who so vseth this water euer among and not to ofte, it preserueth him in good liking: & shall make one seeme yong verye long. You must take one spoonefull of this water fasting, but once in seauen daies, for it is very hot in operatiō. It preserued doctor Scuens that he liued lxxx. and xviij. yeares. Whereof: x. yeares he liued bedred.

To make a water that taketh off all slayning dying and spots, from the handes of artificers, that get them by woorking and maketh them very white and faire.

It is also good for them that be Sunne burned. Cap. 69.

Take the iuce of a Lemmon, with a little bay salt and wash your handes with it, and let them dry of themselues, wash them againe, and you shall finde all the spots and staynings gone. It is also very good against the scurffe or scrabbes.

To heale all maner of inflamation, and euill disposition of the ayr, leapery, faces, great swollen leggs or inflamed hands.

Cap. 70.

TAke flower, or Antillum made of barly which you shal easily finde at the Apothicaries, and seeth it halfe an howre in cõmon water: then strayne it, and put it into another newe pot that is cleane and neate, putting to it a fewe mallows, succary, hops endiue and borage, and seeth all these together vntil it be disolued, and ad to it an ouce of sandall and then straine all, and take in a linnen cloath as much Cassia extracta, as will goe into two nuts, and put it within the said linnen cloth with the Cassia, while the water be hot, pressing it so hard betwen your two fingers, that the substance of it may goe into the said water, then put to it suger or pellides, as much as you will. Of this drinke, which is of a very amiable sauour, you must take from day to day, a little Glasse full in the morninge, lying in your Bed with your breaste vpwarde: then laying some linnen cloath vppon your stomacke, sleepe if you can, and take of it also after you be vp, and haue doon your necessaries, the which doone: you shal finde your selfe verrye well healed in fewe dayes. But here note that this must be doon in the Summer, and not in the winter, and he that hath his stomacke very colde, maye

weare

weare before his brest some pece of scarlet or other cloth, and sometime anoint his stomack with an oyle made for the weakenes of it, the perfect cõposition wherof we will put hereafter.

A singuler ointment which healeth all burnings with fire not leauing any skarre where it hath been.

Cap. 71.

TAke the white of 2 Egs, 2 oũces of Tutina Alexandrina, 2 oũces of quick lime washed in 9 waters, an ounce of newe wax with as much oyle rosset as shal suffice, and make therof an Dyntment, which ye shall finde verry good for this that we haue spoken of.

To drawe an Arrowe head, or other Iron out of a wound. Cap. 72.

TAke the iuce of Valerian, in the which ye shall wet a Tent, and put it into the wound, laying the said hearb stamped vpon it: thẽ make your binding or band as it appertaineth, & by this meanes ye shall drawe out the Iron, and after heale the wound according as it shall require.

For him that hath a bunch on his head or that hath his head swollen with a fall. Cap. 73.

TAke an ounce of baye salt, rawe honye 3. ounces, Cummin 3. ounces, Turpetine 2 ounces, entermingle all this well vppon the fire, then lay it broad vpon a linne cloth and make therof plaisters, the whiche ye shall lay hote to his head, and it will altogither asswage the swelling & heal him clean and neate.

To know what time in the yeere hearbes and flowers should be gathered in their full strength.

MEdicines are made diuers and sundry waies, some by leaues, some by seedes some by rootes, some by heardes, some by flowers and some by fruits, such leaues as are put to medicines, shoulde bee gathered when they be at their full growing, ere that their colour be changed or that they fade any thing.

Seedes when they be full ripe, and the moistnes somewhat dried away.

Flowers should be taken when they be fully open, ere they begin to fade.

Hearbs shoulde be gathered when they be full of say, and ere they shrink.

Rootes shoulde bee gathered when the leaues fall.

Fruits should be taken when that they

be

be at their full groweth, or when they fall and the heauier fruit is the better, & those that be great and light in ponderatiō those not them, & those that be gathered in faire weather, be better then those that be gathered in raine.

And those hearbs that growe in the fieldes are better then those that growe in townes and gardens, and those that growe on hills in the field be best for medicines, for commonly they be lesse, and not so fat, and haue more vertue.

Many hearbes there be ỹ haue special time to be gathered in, and if they be gathered in that time, they haue their whole vertue to their property, or els not so good, some help whēsoeuer they be gathered & some naught if they bee gathered out of time, therefore mark well what I teach thee.

Betany shall be gathered principallye in Lammas month with the seede & the rootes and without any Iron tole, and it shall be dried in the shadow, for medicines: it may be gathered other times, but euermore it is the better, if it be gotten without Iron, & it must be gathered afore sun rising.

Swines grasse shall be gathered when it pleaseth in time of need.

Camamill

Cammamill shall be gathered in Aprill.

Peritory shall be gathered in June, before the sun rising.

Red docke shall be gathered when they néed dayly.

Langdebéefe shall be gathered in June and July.

Penywort shal be gathered in the beginning of winter.

Germander shal be gathered in Lāmas moneth.

Dragant shall be gathered in June and July.

Columbine in Lammas moneth.

Adder tung shoulde bee gathered in Aprill.

Pendelion when thou wilt.

Groundsill alway after mid day.

Walworth when it pleaseth you without Iron.

Violet shoulde bee gathered in the Moneth of Marche, and in this Moneth should violets be put into sugar and to Sirop.

Roses shoulde be gathered in Aprill and in May, & of them should be made sugar roset in sirop of roses, and in this same month should oyle be made of Camomill.

Rose-

Rosemary flowers shoulde be gathered in May.

Centory when he beginneth to flower, Origanum in the Moneth of June.

Solisequie should be gathered the sirtéen day of August, before the Sun rising, with out Iron.

Hartes tong should be gathered ere day in Nouember.

Aristologia should be gathered the same time.

Garlick maye be taken when you néede for medicines.

Wilde garlike should be gathered whē it flowreth.

Gourds should be gathered in the end of september when they be ripe, & dried where the Sun may be all day.

Wilde nep berries shoulde be gathered when they ware yellow.

Cucumbers should be gathered when ỹ fruit is ripe, and the fruit should be laid vn der vines, where the sun may not haue all his strength to him in a moist place, that it may rote, for then the séede shal be good, and full of kernells.

Citrull when the fruit is ripe, and dried in a dry place in the Sunne.

Ca-

Calamint water should be gathered when it flowreth, and dry it in the shadow, and it will last a yere.

Saffron shoulde be gathered afore that the Sun doth rise.

Godur that groweth among flare, shoulde be gathered when he beginneth to flower, and it may be kept thre yere.

Drake should be gathered when it flowreth and dry him in the shadow, and a yer it will last.

Cleber must be gathered in harvest time.

Fenell sedes should be gathered in the beginning of harvest, and two yer he may be kept.

The rotes of Fenell should be gathered in the beginning of the yer, and 2 yer they are good.

Baldemonye that some men call Gentian, should be gathered in the last end of ỹ yere and 4 yere he is good inough. The rot of this herb is bled, and how thou shalt know him is this, that he be very bitter, the lesse bitter the worse.

Also lok that it be white, whole, & not hollow within, but sad and not brittle, nor full of powder.

Galingal is called in philick tipus, it maye

be

be taken at all times when thou wilt, but best is in the end of Mer, and three dayes it must be laid in the Sunne, and so be dried, that the moisture rot it not, and then you must keep it in the shadow.

Flower de luce should be gathered in ỳ end of Mer, and dried in the sun, and it will last two yæres well.

Here followeth the sundry vertues of Roses for diuers medicines.

Cap. 75.

ROses be colde and moiste in 2 degrees, it hath these vertues, stamp it & laye it to a sore that brenneth and aketh, and it shall ease both the brenning and aking.

Also it is good for the feauer in the stomack and againste all euils that are gendred in hote humors.

Also let any woman drinke it with Wine, and it shall forthwith refraine bleadinge, and help the marrowes of the wombe.

Also make oyle of roses. and that is a principall recept for pricking in sinewes, and the water therof is good for sore eyes, and for hote euills, and the oyle is good for headach to annoint therewith the temples, and the rot of him is good, & drawing forth Iron or other thing in a mans fot, & the red rose is much

much better then the white.

The ſundry vertues of Lillies. Cap. 76.

LIllies are cold & dry in the 3 degrée, and ſo ſaith Galen, that who ſo ſætheth the leaues in water, it is a noble plaiſter for ſinowes that are ſhortned, and it is good for all manner burnings and ſcaldings.

Alſo when the leaues and the roots are ſodden in old wine, and tempred vp with hony it is a profitable plaiſter for ſickenes that are ſtaruen. Alſo the water & the iuce is good to waſh the brißers, and namely to do awaye the freckles on mans viſage or womans, & the roote is good therewith to ripe botches, and to help to breake them.

Of the ſundry vertues of Mylfoyle. Cap 78.

MIlfoyl is hote and dry in the 2 degrée it is good to ſtanch the bloody flix, and the iuce therof, healeth the biting of a red hound, and if it be ſod in redde Wine drink it, and it ſlaieth wormes in ỹ womb, and it will deſtroye venim, and it ſoftneth hardneſſe in mans wombe, and it helpeth the Iaundice and Dropſie.

And take the hearb and ſtamp it, and temper it with vinegre, and it wil do away blod in

wounds

woundes, and it will ceaſe the toth-ache, when it is chewed faſting, alſo it is good for the ſtinging of an Adder, when it is ſodden in wine drinke it, and laye the ſubſtaunce thereto, and it will drawe out the venym of the ſore.

Of the ſundry vertues of Roſemary.

Cap. 78.

ROſemary is hote & dry: take the flowers therof & put them in a clean cloth and boile them in clean water, vntill halfe be waſted and cole it, & drinke that water for it is much worth, againſt all manner of euils in the body.

Alſo take the flowers, and make powder thereof, and binde it to the right arme in a linnen cloth and it ſhal make thée light and merry.

Alſo eate the flowers, with hony faſting with ſower bread, or els with other bread, and there ſhall riſe in thée none euill ſwelling.

Alſo take the Flowers, and put them in thy Cheſte among thy Clothes, or amõg thy bookes, and Mothes ſhall not deſtroye them.

Alſo boile the flowers in goates milke, and then let them ſtand all night vnder the

ayre

ayre couered, & after that giue him to drink therof that hath the Milch, and he shall be holpen.

Also if there be any man ỹ is ramage, take the flowers and the leaues, a great quantity, and boyle them togither in a good quantity of clean water, in that Acicus Eulneat, and it shall heale him.

Also boile the leaues in white wine & wash thy face therewith, and thy beard, and thy browes, & there shall no corns spring out, but thou shalt haue a faire face.

Also put the leaues vnder thy bed, and thou shalt be deliuered of all euill dreames.

Also breake the leaues to powder, and laye them on the canker, and it shall fley it.

Also take the leaues and put them into a wine vessell, and it shall kæpe the wine frõ all sowrenes and euil sauors, & if thou wilt sell thy wine, thou shalt haue good spæde.

Also if thou be fæble with vnkinde sweat, boile the leaues in clean water, and washe thy head therewith, and thou shalt be deliuered of that euill.

Also if thou hast lost apetite of eating, boile well these leaues in clean water, and when the water is colde, put therunto as much of white wine, and then make therin sops,

sops, eate thou the reof well, and thou shalt restore thy appetite againe.

Also, if thou haue the Flure, boyle the leaues in a strong Eyzil, and lay them on a linnen cloath and binde it to thy wombe, and anon thy Flure shalbe withdrawne.

Also, if thy Leggs be blowen with the Gowte, boile the leaues in water, and then take the leaues, and binde them in a linnen cloath and winde it about the legges and it shall do thée much good.

Also take the leaues and boyle them in strong Eyzill & binde them to thy stomacke in a cloth and it shal deliuer thée of all euil.

Also if you haue the Coughe by stirring or by any other way: drink the water of the leaues, boyled in white wine, and ye shall be whole.

Make powder of the rinde of Rosemary and drink it, and if thou be in the pose thou shalt be deliuered.

Also take the Timber therof, and burne it to coales, and make powder thereof and then put it in a linnen cloth and rubbe thy téeth therwith and if there be any wormes therin, it shall slay them, and kæp thy téeth from all euills.

Also, of the wood make a boyst to smell

thereto, and it shall kéep thée youngly.

Also make therof a barrell, & drinke thou of the drinke that standeth therin, and thou nédest not dread of any euill being therin: and if thou set it in the fælde, or in thy garden, kéepe it honestly and it shal bring forth much increasing of himselfe.

Also, if a man haue lost his smelling, of ỹ ayre, ỹ he may not draw his breath, make a fire of the wood, & bake his bread therwith, and eat it and it shall kéep him well.

Also a man that hath the gout, take oyle of roses, and the yolke of an Egge, and the flowers of rosemarye, and meddle them together, & do it to his sore, & he shalbe holpē.

¶ How to make a speciall soueraigne water which is of three colours, and it is called the mother of all waters: which is verrye excellent to cure the Canker, the Poxe, or leaprosie, or any other kinde of superfluous humors, or any sore, olde or newe: and it is thus made. Cap. 79.

TAke Turpentine, 4 pound, of Frankencense Mastick of either two ounces, Aloes, Epaticke, Date stones, Labdanum, Castorem, rootes of Dittanie, rootes of Enula Campana, of eache two ounces, still them in a Limbecke of Glasse, with a softe

fire

fyre. The first water is cleare, ỹ second water is yellow, & swimmeth aboue ỹ other, The third water is reddish, like saffron, & when it beginneth to be read and thicke as honny, then beginneth the third water.

The first water brenneth like a candel: the second winter, curdeth like milk: and if ye put the third water, one drop with your knife, it goeth to the bottom, and there wil it lye an houre, and thē mount vp to the top as true Balme doth, & with this water, if you wash your face twice a daye & (chefly) your Nosethrils, it cureth the rhewm descending from the braine, and clarifieth the sight: and if you wet a linnen cloath in this water, and lay to any sore leg or arme that hath dead flesh, it wil cleanse it and driue away the ache within 6 houres space, and it consumeth al Apostumes, Vlcers, Festules Pustules, Emeralds, and healeth all græn wounds: and if ye dip a linnen cloath therin and make it 6 fould, and laye it to the noddle of your neck, it healeth the palsey, & so likewise it cureth the goute, or any sinnow that is drawen togither therwith, bath it thrée or foure times togither warme.

The water that is of colour of blod, is of such vertue, that if a leperous mā or wo-

man, vse therof xv. dayes togither, halfe a spoonefull euery day and he shall be healed.

The first water is of such vertue, that if it be put in a fresh wound, it healeth it in 24 houres if it be not mortall: and it healeth al kinds of cankers, crepses, Noly me tangere within 15. dayes, if you washe them with the said water, euery third day: & if ye make rags of cloth, and dip it in the same water, and laye it in a plague sore, and drop one drop therein, it mortifieth the malignitye thereof and that shortly. And if ye drop one drop therof in the eye that hath a pearle or half blinde, it wil recouer it in 8 daies with out any paines, and if ye drink a spoonefull of it with white wine, it will recouer the strangurie or dissure within 6. houres, and breaketh the stone within 2. houres, whether it be in the raines or in the bladder. The water that hath the colour of bloud is most pretious: it comforteth ỹ weak members and preserueth ỹ body from al disease, and purifieth rottē blood & healeth al diseases of the milt: and kæpeth away the gout, and causeth good digestion, it purgeth colde and rotten blood, and putteth awaye ill humors and healeth all agues. This water must be vsed from the moneth of Nouēber

to

to the moneth of April, then take but half a spoonfull at once, or oftner thē once a week.

The maner to make this water, ye must haue a Glasse a Cubit hye, and fill it with Aquauity, made with wine, and stop it wel then put it in horse dung, so that it be not moiste, nor too wet, least the Glasse breake, and ye must leaue the necke of the Glasse without in the ayre, that the glasse through the heate of the dung will boyle sore, so that the water will ascende to the necke of the same, and descend agayne to the bottome through the ayre, and so let it stand thirtye dayes, thē take out the glasse and put these things following in the water, and stop the mouth that it breath not out, and so leaue it viij. dayes: last of al, put the glasse in balneo-marie, with sand, setting on a head with a receiuer well stopped, and make a soft fier, and gather the first water, that drop cleare, but when ye see the second water turne into red colour, change the receiuer, for then commeth the second water & that will keep wet in a glasse wel stopped: the spices that goeth to this water be these, with the herbs cardomum, cloues, nutmeges, ginger, gallingall, zedoaire, long pepper, spiknard, lawrell berries, smallage seedes, mugwort

sées fenell sées, annis sées, flowers of basill, elder flowers, red roses, & white, lignum aloes, cubibes: cardonum: calamas aromaticus: maces: germander: frankensēce turmentil: Juniper: agrimony, centory: fumitory: pimpernel: dandelion: cufrage: endiue, sées of sorrel: yellow sanders: fetherfoy, aloes epatick, of each 2 ounces: rubarbe 2. drams, drye figs, raisons, dates without stones, sweet Almonds of each 2 ounces. A quantitie to the quantitie of them all: and four times as much sugar as they be al that is one pound of engredence, foure pound of suger two pound of hony: this water is called the mother of all waters.

¶ A perfect waye to cure the loathsome disease of the Frenche Pockes, paynes in the ioyntes, lameness of lymmes, paleness of colour, loathsome scabbes, or any other filthye disease, proceedinge of superfluous and euill humors, as also to asswage our grose and foggie fat bellyes, and that without danger. Cap. 80.

FIrst, it is nedfull to prouide for the sick bodye, a close and cleane Chamber, out of all grosse ayre, and cleane warme garmentes both for the body and Leggs, and at rising

riſing & going to bed, a fire of charcoles: for wood is not holſome for ſmoaking: alſo they muſt not be troubled with any thing to bring them out of patience, for that corrupteth ȳ bloud which muſt be new altered: alſo the ſick body muſt eat but little meat, and that kind of meat as ſhal hereafter be preſcribed and at ſuch time as ſhall be appoynted, and let the ſick body vſe playing on ſome inſtruments or tel merry tales and haue no companye of wemen, for that is a moſte dangerous poyſon for the healthy of any perſon in that caſe.

Secondly, ye muſt prepare 2. braſſe pots or els iron one being 4. gallons, the other 6. gallõs one for ſtrong drinke ȳ other ſmall drink, alſo yee muſt haue cloſe couers to thẽ of braſſe or iron, yée muſt alſo prepare good earthen veſſells with cloſe couers to kéepe your drink in of both ſortes by themſelues. Alſo yee muſt haue a Strainer of a Searce cloth to ſtrain your drink after it is decoct: inſtrumẽts to take out dead fleſh & to ſearch a ſore, & a ſiringe to cleanſe any ſore being déep with the ſame drink. Alſo ye muſt haue a wodden veſſell to bath ȳ ſick body at ſuch times as héerafter ſhalbe appointed, alſo ye muſt prepare clean cloths to dry ȳ ſick body

after a sweate, being warmed well first, other instruementes yée shall not néede, but onelye your wood raped small, or turned, & ỳ barke of the wood pounded in a morter, & the drugs also small, and your water which yt shall decoct, the same must be of a cundit or running brook, very cleane without any kinde of filth: chalke water is good.

Thirdly for your strong drink, ye must take your pot of 4 Gallons, and set it on a softe fire of coales, with 4 Gallons of the faire running Water, then put in it the same 1 pound and halfe of your wood small raped or turned at the Turners, but when you do buy your wood, sée it be not olde, and lack moysture, this triall is best, take a little coale burning and lay it on the block before it be raped and if it be good it will boile vpon euery side of the coale, like myre: thã put thereto 1 ounce or a little more of the barke of the same wood, made in small pouder, then take a quarter of a pound of cummin séedes, put whole into the same, & one halfe quarter of an ounce of Radix and rubarb then stop your pot fast, and laye Paste about the Couer, and so fast, that no ayre come out, then séethe it on a soft fire, but euer kéepe it boyling, and let it boyle at the least

least 8 houres, then set it by, and vnstop it not vntill it be cold, then take your scarce & straine it into a faire earthen pot, and couer it close: the sicke body must drink of this but 1 draught luke warme in the morning, and another at night.

Fourthly you must take your pot of 6 gallons, and put in it 6 gallons of running water, and 1 pound of the wood raped, & a quarter of cummin sedes, & beate it in al kinde of things, euen as the other being close stopped, and when it is colde, straine it into an earthen vessel, or vessels, and that must the party drinke at meales, & at al other times when he list to drinke, & spare not but draw it by.

Fiftly ỹ sick body must be kept very warm and not rise out of bed before 8 of the clocke, and then eate 12 or 20 raisons of the Sunne and no bread, and about 11 of the clocke, let the sicke body eate a little meat, as may suffice nature, and what meate it shal be hereafter shewed: then let the sicke body walke some time in his chamber, to reade some booke, or playe on Instruments, to kéep him from sléeping, then at 6 of the clock twelue raisons of the Sunne, and nothing else but his draught of strong drinke warmed at fir

a clocke in the morninge and at euening at eight.

Sixtly, giue to the patient to eate, theſe meates following, Chicken, Partridg, Feſant, hen, Capon, Rabbet, cony, Veale, mutton, & none other, nor any ſalt, nor leauened bread, nor rie bread, and verye ſeldome roaſted, but boiled in water, & no broth nor porredge, nor any kind of ſauce, if the ſick body haue roſt, let it be euery third meal, and no kind of fiſh, milk or fruits, raiſins excepted.

Seuenthly, once in 3 daies, for the firſt 9 daies in the morning, let the ſick body drink a good draught of the ſtrong drink: ſomthing warme, and then lay very many clothes on him til he ſweat, for the ſpace of 2 howers, then eaſe ſome of the cloths, and haue warmed linnen clothes, and rub al the body dry or he riſe, if he haue any ſores that be deepe, waſhe the ſore with the ſtrong drinke, and with a ſtring, and dippe a little cloth in the ſtrong drink, and lay it to the ſore, whither it be ſores or knobs.

Eightly, after nine or ten daies be paſt, once in 3 daies let the ſicke body be bathed on this ſorte. Set faire running water on ỹ fire, and put thereto a great deale of ground Ivy leaues, and red ſage and fenel alſo, and by

by a good fire when the sick body is going to bed, put the water and hearbs into a vessell of wood and let the sick bodye stand vpright in it by the fire, and take vp the hearbs and rub the body of the sick patient downward and then dry him with warme clothes, vse this three weeks and by the grace of GOD the sick body shall be made whole whatsoeuer he be, then if the party be verry weake, after 9 or 10 of the first dayes let him eat euery daye at 4 of the clocke at after noone a new laid Egge poched in faire water, & as much new bread as will suffice nature and a little cleane wine, vse this diet with good regard, as before is prescribed & by the grace of god they shal be perfectly cured of the diseases aboue mentioned.

¶ The maner to make another kinde of dyet drinke, of stronger operation for the same diseases which by the practise onelye of one man hath doone very greate good, as well in the Cittie of London as in diuerse other parts of the Realme.

TAke of the best Guaicum moyst heauy and ful of gum 4 pounds, let it be wel rased with a Rape, or turned into fine chips by a Turner and of the same Barkes two pounds, of Cardus Benedictus, which is

is called the blessed Thistle, halfe a pounde of maiden haire, Cetrach, the floure of ẏ wild and garden Buglosse, Ana 1 pound, swéete Cassia 6 ounces, Anisséde 1 ounce & a halfe, white sugar 6 pounde, caste all these into a wine vessel, clean and apt for the same purpose, vpon which poure of the cleanest and best white wine that may be got, very hote, in quantity 150. poūd, couer this vessel close 3 daies, then strain it through an haire cloth then kéep this in a cleane vessell for the patient at dinner and supper, but not to drink in the morning and euening. Besides the drinking of this Guaicum at dinner & supper, the patient may betwéen the times, as one hower before and after dinner and supper, drinke 4 or 5 ounces. Also your foresaid receits may be put in clene newe white or claret wine, being fined, and made in ẏ prescribed maner.

Furthermore the patient which hath ẏ pox dropsie or gout, may drink among this worthy medicine following the dosse or quantity is 2 ounces or more according to the age and complection of the patient.

Take Maiden haire, clean fresh hops, fumitory Sitrach, called Asplenum, sene of Alexander: of each 3 drams, great Centuary

rwts, Liquorice: Polipody: wild and garden Bugloſſe, Ana 4 ounces, Aniſæedes: Nigella Romana: the flowers of Bugloſſe: the three Sanders, Sinamon: ana 5 ounces put this into 24 pound, of the Guaicum water ſodden after the deſcriptiõ in the compounds following, thẽ put it in a cloſe veſſel, and ſtop ẏ mouth: & when that is done ſet the ſaid veſſel, in another ſæthing kettle vpon the fire, ſo let it ſtand & ſæth for twenty hours faire and ſoftly, then ſtraine it: & kæp it in a clean cloſe veſſel for the vſe aforeſaid. But if the patient be very ful of humors: thẽ do thus. Take Sene of alexander 2 pound, Succoro-farum ſolatiue, 6. pound: white ſugar 7 pound Rhubard elected 3 ounces finelye cut: Turbit of the beſt 1 ounce: put theſe in a cleane ſtone pot, with a narrowe mouth: pour into this pot 24 pound of the common Guaicum water: made in manner in the compounds following: ſtop your pots mouth, ſæth it in the foreſaid maner vpon a ſofte fire 24 houers: vntil it come to a thin ſtrop, called a Iulup: then ſtraine it, and kæpe this pretious purging drinke for morninges: the doſe 1. ounce and a halfe, according to the age, complerion and ſtrength: the patient muſt alſo eate breade 3 ounces: well baked like Biſ-

ket

ket, and the flesh of a Chicken, Hen, Capon Partridg, Fesant, small birdes of the wood rosted excell sodden meates, and if the common drinke bee too stronge, then the patient may proue therunto some small clean wine or Beer, let the patient be merry kept in a faire cleane chamber, with swéet perfumes not much féeding, but little and fine, with cleane warme apparell, and a fire of Charcoales, eschuing venery, wines, fruits, fish, grosse fishe, potage and white meates, care, anger, cold, much heat and by gods help ye shal haue present remedy, whether it be for the Pore, or to clense the reines, or for itche and scabs, or for thē that be ouer fat or foggy, full of grosse humors (gotten with ease and féeding, to rebate and swage their foginés, without hurt, but rather renew them (as it were) and make them séeme younge: it helpeth also the gout, dropsie, sciatica, cāker, and timpany, and many other lothsome diseases, that procéede from ouer great abūdance of grosse humors, also for the extream paine in the ioints.

The maner to chose the best Guaicum, or Lignum vitæ. Cap. 82.

OF this wood Guaicum, there are thrée kindes: the first is blacke within in the hart

hart pale coloured, hauing in ruſſet lynes very hard and heauy. The other black with in but white without, hauing verye ſmall lines, is hard and heauy and not ſo great as the firſt. The third is all right white with in and without, hauing verry ſmall lines & the hart of this wood is the beſt, the arme of the Tree is better then the body the boughs nearer the fruits hath more vertue, warmnes and drynes, then the lower parts of the tree which are groſſer and more earthlye of nature and the more vnctious the woode is: it is the better, the Sap is not ſo good as the hart, neither the barke as good as the Sap. But the white wood is ſweete and moſt excellent in operation, and is Lignum ſanctum the hollye wood. The Barke of the young ſtraight branches or boughs, being heauy and white moyſt and without lynes harde compacted be the beſt barkes for the pox. All theſe woddes called Guaici haue a roſin or matter like Beniamin or pleaſaunt Gum within the wood, which is the ſpirit or liuely helping humor in decoction for the pox in the ſinewes, vaines, Muſkels, head, hands feete and the bones, no ſickneſs is ſo ſharpe, and cruel to nature, but this precious wood wil both quickly & gently aſwage the paine

and greef of the same: if it bee ministred accordingly in decoction: namely to the whom either the Pox hath tormented or else the gout with intollerable greef.

A moste certaine and approoued remedye against all maner of pestilence or plagues be it neuer so vehement.

Cap. 83.

TAke an Onion, and cut him ouerthwart then make a little hole in each peece, the which you shall fill with fine Treacle: and set the peeces togither againe, as they were before: after this wrap them in a wet linne cloth: putting it so to rost, couered in ỹ Embers or ashes: and when it is rosted inough presse out all the iuce of it, and giue the pacient to drinke therof a spoonfull: immediatly, he shall feel himself better and shal without faile be healed.

To make a water to take out all spotes out of cloth of gold and Veluet. Cap. 84.

TAke raw red Arsnick: Mertem Cudum of each of them a like much: & when they be well braied: poure some fair water vpon them, and putting the hearb Cinkfoyle to it seeth it into half: and then let it cole, and set it in the sun two houres, then washe your cloth in it and let it dry in the sun.

To

To take ſpots of greace and oyle out of al ſortes of cloth, white or other. cap.85.

Take the water that peaſe hath bē ſod in, and ſkēpe your cloath where the ſpot is in it, and then waſhe it with cleane Riuer water, and hang it in the Sunne.

To take all maner ſpots out of ſilke. Ca.86

Take the iuice of great and round Muſhroms of a ſharpe taſt. weat the ſpots in it the ſpace of two houres, and then waſhe thē with cleare water, & then let them dry.

To take ſpots out of cloth. Cap.87.

Take colde Lie, Lées of white wine made a little hote, and mixe them well togeager. But you muſt take héede they bée not too hote, and waſh your cloath.

A ſoueraigne remedie for the cough. ca.88

Take Brimſtone beaten in powder halfe an ounce, and put it in a new layd Egge ſoft rolle, mingle it well together, then put to it Beniamine the bigneſſe of a Chiche peaſe, lightly ſtamped, and drinke it in the morning at your breakefaſt, make as much againe at night when you goe to bed, and you ſhalbe whole at the ſecond or third time. But if the cough haue holdē you long, you muſt take it ſo much the oftner.

To keepe poultry from deſtroying

with Wesels. Cap. 89.

Rub your poultry with the iuyce of Rue or hearbe grace, and the Wesels shall do them no hurt: if they eate the lungs or lights of a fox, the foxes will not eate them.

A breefe treatise of Vrines, as well of mens Vrines as of womens, to iudge by the collour, which betoken health which betoke sicknes & also betoken death. cap. 90.

IT is shewed that in 4. partes of the body dwelleth sicknes & health. That is in the wombe, in the head, in ỳ liuer, & in the blader: in what manner thou mayest knowe their properties: & therof thou mayst learn.

If a mans Vrine be white at morrowe, and red before meate, and white after meat he is whole, and if it be fat and thicke, it is not good, and if the Vrine be meanely thick it is good to like, and if it be thicke as Asse pisse, it betokeneth head ache.

Vrine that is two dayes redd, & at the 10. day white, it betokeneth very health.

Vrine that is fat, white, and moyst, betokeneth the feauer quartaine.

Vrine that is blody, betokneth ỳ the blad der is hurt by some rotting that is within.

A little vrine all fleshly, betokneth of the reynes: who pisseth blod without sickneſſe

90

he hath some vaine broken in the reynes.

Urine that is ponderous, betokeneth that the bladder is hurt.

Urine that is somewhat bloody of sickness betokeneth great euil within the body, and namely in the bladder.

Urine that falleth by droppes aboue, as it were great boines, betokeneth great sickness and long.

Womans vrine that is cléere, and shyning in the Urinall as siluer, if she cast oft, and if she haue no talent to meate, it betokeneth she is with Childe.

Womans Urine that is strong, and whyte with stinking, betokeneth sickneſſe in the reynes, and in her secrete recytes in her Chambers: full of euill humors, and of sickneſſe of her selfe.

Womans Uryne that is bloody & cleare as water vnder, betokeneth head ache.

Womans Urine that is like to golde, cleare and mighty, betokneth that she hath lust to man.

Womans Urine that hath collour of stable cleansing, betokneth her to haue ỹ feuer quartaine, and chée to dye the third day.

Womans vrine that appeareth as collour of lead: if she be with child betokeneth

that tis dead within her.

Heere followeth all the vrine that betoken death, as well the vrine of the man, as of the woman. Cap. 88.

In a hot Arcis, one part red, another black another grene, and another blew, betoke neth death.

Vrine in hot Arcis, black and little in quã tity, fatly, and stinking, it betokneth death.

Vrine ouer all coloured as lead, betokneth a prolonging of death.

Vrine that shineth raw & ryght bright, if the skyn in the bottom shine not, it betoken eth death.

Vrine in the substance hauing fleeting a boue as it were a dark sky, signifieth death.

Vrine dersty, stinking, & darke wt a black sky within, betokeneth a prolõging of deth.

Vrine ẏ is of ẏ colour of water, if it haue a dark sky in an arcis, it betokeneth death.

Vrine that hath dregs in ẏ bottome med led with blod, it betokeneth death.

Vrine blacke and thicke, if the sicke lothe when he goeth to the Priuy, and when hee speaketh ouerwhart, or that he vnderstand eth not aright, and these sicknesses goe not from him they betoken death.

FINIS.

The Table.

To bake a Capon with yolkes of Egs. Cap. 1
To bake a Feſant or Capō in ſtead of a Feſant. 2
To bake Chickens. 3
To bake woodcocks. 4
To make Peſcods of Marow. 5
A ſauce for a roſted Rabbet. 6
To bake an Oxe tongue. 7
To make Vineger of Roſes. 8
To make marchpanes. 9
To gild a Marchpane, or any other kind of Tarte. 10
To bake Quinces. 11
To keepe Quinces vnpared all the yeere long. 12
To make a paſte of ſuger, whereof a man may make diuers kindes of banqueting diſhes, &c. 13
To make blanch powder for roſted Quinces. 14
To conſerue Quinces in ſirop condict alway, readye to be ſerued whole or in quarters. 15
To make fine Rice porredge. 16
To make Marmalade of Quinces. 17
To make Marmalade of Damaſins or Prunes, 18
To make Succad of peeles of Oranges & limmons 19
To make greene Ginger. 20
To make Manus Chriſti. 21
To make Ipocras. 22
The diuers and ſundry maner how to make al kinde of conſerues, as well of flowers & herbes as rootes with the ſundry operations and vertues of each of them. Cap 23,24,25, 26,27,28,29,30.&c.
To make all kind of ſyrrops. 36
A powder for wollen clothes and Furres. 37
A ſweete powder for Napery.&c. 38
To make a Pomeamber 39
To make a Fumigation to caſt on the coales. 40
To make the ſame in Oſelettes. 41

A moyſt fume, vpon a Fuming diſh. 42
A Fumigation for preſſe and clothes. 43
A powder wherewith to make ſweete waters. 44
Another maner for making of Damaske water. 45
Powder of Holland againſt the Collicke 46
Powder to make the belly ſoluble, cauſing a gentle laſke, meete for noble perſonages. 47
A Receit to reſtore ſtrength, &c. 48
To make Loſinges. 49
To perfume Gloues, 50
A perfume for Cheſts and Cubbords. &c. 51
Howe to coloure Gloues within and without. 52
To make Muſke ſope 53
To make red ſealing waxe 54
To keepe Damaſines in ſirop. 55
To know if a woman ſhall euer conceaue or no 56
To make a Barren woman beare Children. 57
To make women haue a quick & ſpeedy deliuerance of their children, and without payne, or at leaſt very little. 58
For the gnawing in a womans ſtomacke. 59
To make a ſweete damaſke powder 3. wayes
For the ague in a womans breſt. 60
For the vnnaturall heate of the Liuer 61
For the canker in the mouth. 62
To make the face fayre, and the breath ſweete 63
To make heyre as yellow as golde 64
To driue away all venemous beaſts. 65
Againſt all poyſon eaten or drunken 66
To driue away Lice. 67
How to make a ſoueraign water called Maſter Docter Steuens water. &c. 68
To make a water that taketh of ſtayning, dying, and ſpots from the hands of Artificers. 69
To heale all maner inflamation, and euill diſpoſition of the ayre, leapery faces, great ſwollen legs, or inflamed

flamed handes. 70
A ſingular oyntmét, which healeth al burnings with fire, not leauing any ſkar where it hathbeene. 71
To drawe an Arrowe heade, or other yron out of a wounde. 72
For him that hath a bunch on his head, or that hath his head ſwollen with a fall. 73
To knowe what times in the yeere herbes & flowers ſhould be gathered in their full ſtrength. 74
The ſundry vertues of Roſes for diuers medicines. 75
The ſundry vertues of Lyllies 76
The ſundry vertues of Mylfoyle. 77
Of the ſundry vertues of Roſemary 78
How to make a ſpecial ſoueraign water, of 3. colours and is called the Mother of all waters. 79
A perfitt way to cure the loathſome diſeaſe of the French pox. &c. 80
The maner to make another kynd of dyet drinke, of ſtronger operation for the ſame diſeaſes, &c. 81
The manner to chuſe the beſt Guaicum, or Lignum vitæ. 82
A moſt certaine and approued remedy againſt al maner of peſtiléce or plague, be it neuer ſo vehemét. 83
To make a water to take out all ſpots out of cloth of gold or veluet. 84
To take ſpots of greace and oyle out of all ſortes of cloth, white or other. 85
To take all manner ſpots out of ſilke. 86
To take ſpots out of cloth. 87
A ſoueraigne remedy for the Cough. 88
To keepe poultry from deſtroying with weaſels. 89
A briefe treatiſe of Vrine, as well of mens Vrines as of womens, to iudge by the colours, which betoken health, which betoken ſickneſſe, and which alſo betoken death. 90

FINIS.

To the Reader.

Who soe is bound for another mans (debt
Doth bringe himselfe in care
And is compeld to pay the same
Though he be poore and baree
In every degree loue honestie
Be shamefact to doe evell
Ile company se ẏt yow flye
As members of the Divell.

A word once spoke it can returne no (more
But flyeth away & oft thy bane doth:
A wiseman sets hatch before ẏ doore. (breed
And whilst he may doth frame his speech with (heede
The bued in hand we may at will restraine
But beinge flowne we call her back in (vaine

Finis
1613

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